
TABLE 1. DEMOGRAPHIC PROFILE OF SENIOR CENTER CLIENTS

Characteristic	Percent
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AGE (Mean=75.21)

80+	32.3
70-79	43.6
55-69	24.1

MARITAL STATUS

Married	35.7
Widowed	37.1
Divorced	23.6
Never married	3.6

SEX

Females	72.9
Males	27.1

RACE

Caucasian	76.5
African American	11.0
Native American	6.1
Hispanic	2.8
Asian American	3.6

EDUCATION

8th grade or less	9.9
9th to 11th grade	11.5
Completed high school	35.2
Some college	24.4
College graduate	19.0

LIVING ARRANGEMENT

Alone	49.6
With spouse	33.4
With family members	13.9
With friends/other	3.1

SELF-REPORTED HEALTH

Excellent	25.9
Good	50.6
Fair	20.9
Poor	2.6

N = 734

TABLE 2. Percentage of Older Adults With a History of Self-Reported Chronic Illnesses

Health Condition	Percentage
Arthritis	40.0
Hypertension	34.6
Heart condition	17.5
Diabetes	12.2
Emphysema/Asthma	9.7
Urinary problems	8.4
Glaucoma	8.3
Circulatory problems	7.9
Stomach/digestive disorders	6.1
Cancer	5.1
Stroke	4.3
Blood disorders	3.6
Nervous system	2.8
Endocrine	2.1
Skin problems	2.0
Kidney disease	1.0
Alzheimer's	1.0
Seizures	1.0

N = 734; Mean Number of Chronic Illnesses = 2.06

TABLE 3. UTILIZATION/IMPORTANCE OF SENIOR CENTER

<u>Question</u>	<u>% Total</u>
<u>How important is center to you?</u>	
Very important	66.7
Somewhat important	30.6
Very/somewhat unimportant	2.7
<u>How long have you been coming? Mean Average = 8.3 years</u>	
1-3 years	30.0
4-6 years	19.8
7-15 years	35.1
15 + years	15.1
<u>How many hours per day?</u>	
Average	3.3
<u>How often do you come?</u>	
Everyday	17.6
2-3 times a week	45.6
Weekly	31.5
Every other Week	2.9
Monthly	2.4
<u>Senior Center Assistance</u>	
Received helpful information	91.4
Increased knowledge	87.4
Learned new skills	75.0
Helpful referrals	64.2
<u>Center Program Participation (Mean = 9.25)</u>	
Average # of Health Promotion Programs	2.56
Average # of Arts/Rec Activities	2.45
Average # of Educational Programs	1.67
Average # of Life Skills Programs	1.32
Average # of Volunteer Activities	1.25

N = 734

Table 4. Misc. Health Information

Variable	% Total
<u>Frequency of doctor visits</u>	
1-2 times a year	41.6
Every few months	44.8
1-2 times a month	12.0
Weekly	1.6
<u>Other Measures of Health</u>	
Number of chronic health problems	2.0
Number of medications	3.7
<u>Health Compared to Last Year</u>	
Better	16.3
About the same	74.9
Worse	8.8
<u>Does your health prevent you from doing things you would like to do?</u>	
Yes	41.0
No	59.0
<u>Changes in Other Self-Perceptions</u>	
Mental health is better	75.1
Programs have helped me remain independent	77.5

N = 734

**Table 5. Self-Reported Health Changes of Participants Involved in
Health Promotion & Educational Activities**

Variable	% Total
<u>Changes in Healthy Behaviors</u>	
Reduced or cope with stress	48.6
Increased/started exercising regularly	40.6
Eat a more healthy diet	31.5
Lowered my fat/cholesterol level	31.8
Lowered my blood pressure	15.8
Lost or maintained weight	14.3
Quit smoking	2.8
Have more energy	22.6
<u>Changes in Mental Outlook</u>	
Feel more satisfied with life	43.1
Feel more independent	28.7
Laugh more frequently	49.1
Feel less lonely	46.6
Worried less about my future	23.3
Have more energy	22.6

N = 734

Table 6. Friendships/Social Support System in Senior Centers

Support Variables	% Total
<u>Support Network</u>	
Made close friends	91.4
Personally responsible for friends	53.6
Friends you can depend on when needed	84.4
Confide in new center friends	48.8
Friends provide emotional security	86.9
<u>Activities With Senior Center Friends</u>	
Attend church	23.5
Engage in volunteer work	27.9
Go out to eat	56.1
Play cards/watch TV	26.5
Go shopping	26.2
Visit on phone frequently	49.6
Participate in social events	55.6
Provide transportation	29.7
<u>Rely on Friends at Senior Center</u>	
Never	43.3
Occasionally	44.1
Pretty Often	12.6
<u>Provide Assistance to Friends at Senior Center</u>	
Never	15.9
Occasionally	61.8
Pretty Often	22.3

N = 734

Added Question: Do your senior center friends ever help you in any of the

following ways? (Check all that apply)

Table 7. Senior Center Friendships/Social Support System Exchanges

Support Activities	% Total
Listen to your problems	70.6
*Call you to check on your well-being	67.1
Give gifts to you	58.8
Console you when you are upset	55.3
Provide companionship	43.5
Help you make personal decisions	31.8
Provide care when you are ill	27.1
Prepare or provide meals for you	27.1
Provide transportation for you	25.9
Shop or run errands for you	23.5
Help with financial needs	14.1
Fix things around the house	11.8
Give advice on financial matters	16.5
Complete household tasks	9.4

N = 94

* Talk on phone with center friends 2.7 times each week.

TABLE 8. ESTIMATED MODELS BY STEPWISE REGRESSION

Variables	Beta	t	p Value
Mental Outlook			
Healthy behavior	.441	5.55	.001
Marital status	-.185	-2.81	.006
Program participation	.208	2.61	.010
Gender (females)	-.185	-2.85	.005
Hours per day at center	.172	2.56	.011
Chronic health problems	.142	2.23	.027
Constant		2.98	.003
R Square	.461		
Social Support			
Hours per day at center	.248	3.81	.001
Program participation	.194	2.88	.004
Frequency of center visits	.193	2.97	.003
Number of years attending center	.167	2.60	.010
Constant		0.46	.643
R Square	.246		
Healthy Behavior			
Mental outlook	.349	3.39	.000
Health promotion activities	.359	5.75	.000
Hours per day at center	-.268	-4.52	.000
Social support	.229	3.74	.000
Depression	-.137	-2.33	.021
Constant		1.27	.205
R Square	.510		
Depression			
Chronic health conditions	.345	5.28	.000
Self-reported health	-.253	-3.93	.000
Knowledge	-.171	-2.88	.004
Mental outlook	-.137	-2.28	.023
Constant		5.79	.000
R Square	.307		